

Outreach May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!</p>		<p>1 After school @ Outreach 3:45-4:45pm</p>	<p>2 Public Health 2pm- 3pm After school @ Outreach 3:45-4:45pm</p>	3	4
5	6 After school @ Outreach 3:45-4:45pm	<p>7 Jordan's Principal Dakota Tipi Off Reserve 1-3pm Service access 1-2:30pm After school @ Outreach 3:45-4:45pm</p>	8 After school @ Outreach 3:45-4:45pm	9 After school @ Outreach 3:45-4:45pm	10	11
12 MOTHER'S DAY	13 After school @ Outreach 3:45-4:45pm	<p>14 Service access 1-2:30pm After school @ Outreach 3:45-4:45pm</p>	15 After school @ Outreach 3:45-4:45pm	16 After school @ Outreach 3:45-4:45pm	17	18
19	20 CLOSED FOR VICTORIA DAY	<p>21 Service access 1-2:30pm After school @ Outreach 3:45-4:45pm</p>	22 Outreach Staff PD DAY: Centre Closed	23 Outreach Staff PD DAY: Centre Closed	24 FRC STAFF PD DAY	25
26	<p>27 Mom's Time Make and Take 1-3pm Register Online After school @ Outreach 3:45-4:45pm</p>	<p>28 Conversations with Cassidy 1:30-3pm Register Online After school @ Outreach 3:45-4:45pm</p>	29 After school @ Outreach 3:45-4:45pm	<p>30 Service access 1-2:30pm After school @ Outreach 3:45-4:45pm</p>	31 FRC STAFF PD DAY	<p>Need transportation to program? Contact FRC & we can arrange a shuttle!</p>

STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at the FRC!

Find us on Facebook & Instagram: Family Resource Centre Portage

PROGRAMS:

Kids:

After school @ Outreach: School aged children (ages 5-12) can come to the Outreach Centre for an activity and snack Monday through Thursday 3:45pm - 4:45pm. Our focus is on activities that reflect inclusion, diversity and equity. We focus on how we can be respectful community members. This is geared for children right in the Outreach area. Registration is required and there are limited spaces. Call to inquire: 204-595-5105

Recreation Support: Did you know that there are many different organizations and Foundations that will help families with financial barriers pay for recreational registrations. Canadian Tire JumpStart, Child and Family Foundation (Chance to Play, Chance to Camp, Chance to Grow), and The Family Resource Centre (Us!!) in partnership with Big Brothers Big Sister (Create or Play) all want to help connect children to recreation. There are a few requirements, and we can help you figure out if you qualify for one of listed options. For more information email: wellness@frcportage.ca

Care Givers:

Mom's Make & Take: One Monday of the month, join our Outreach worker at our 11th St. Centre to create something to enjoy. This is time committed to focus on you. A space to try new things and connect with others. Join us once a month to find out what wellness is, what it can look like, and how to implement it in your life. Register online or call 204-595-5005. Space for 6. Call to inquire about childcare.

Service Access: Do you need access to a computer and wi-fi? Do you need help making an appointment? Need forms printed? On designated days FRC Families or community come to Outreach and use our laptop. We will also be there to make phone calls on your behalf to set up appointments or contact service providers. We can print off forms for you at 10 cents per page (black and white printing only). If you are not part of our FRC family, easy, we can register you. PLEASE NOTE: You will not be able to make calls to personal numbers and staff will make calls for you. This is only on designated days marked on the calendar. Any one who does not respect the rules and or staff will be asked to leave.

Community Outreach: More informal than wellness coaching, our Community Outreach can help with navigating recreational opportunities for your children, parenting and wellness tips, or creating connections to other community resources. Let us help find the right fit for you! Call 204-595-5105 or 204-595-5005 for more information.

Wellness Coaching: Wellness Coaching provides support for individuals' and family through the lenses of social, emotional, physical and mental health and wellness. The goal is to provide guidance, support to achieve short and long term goals, and facilitate access to other relevant community supports. Aimed to break isolation and provide connection, it is delivered one to one. Please note that Wellness Coaching is not a crisis or counselling service (treatment, management or diagnosis for clients living with a mental health diagnosis or emergencies such as suicidal ideation). Rather, the approach of these sessions is to provide participants with strategies and coping techniques so they can overcome challenges now, in the future, and to navigate relevant community resources. To book an appointment please call 204-595-5105.

Note: Wellness Coaching and Community Outreach services are confidential!



MAY TOPICS:

Public Health - May 2

Immunizations: infant/child 2-18 months, height and weight, physical exam, discussing nutrition, development, safety for each stage, prenatal support, postpartum support, head lice treatment and harm reduction supplies
Safe sex supplies: Contraceptives (emergency and prescribed) Just drop in!

Jordan's Principle - May 7

Diane Thiessen will be at our Outreach office. She is a Wellness Counsellor for Dakota Tipi First Nation- Off Reserve Services. Bridging the gaps in services for off reserve members. Providing assistance for intake and referrals for Jordans Principle, one-on-one counselling services for women available. Just drop in! No appointment needed.

Mom's Make & Take - May 27

Activity - Soup Jars
Looking for a unique gift for someone or keep for yourself. Look no further and come to outreach to learn how to make soup jars where you add a layer of dried ingredients to the jar which will include the soup recipe. All you have to do later is dump the jar to a pot of water bring to boil and simmer until done. You will make 3 jars in total of your choice of recipes. Register online or call 204-595-5005 for assistance. Space for 6.

Conversations with Cassidy - May 28

Topic: What is Mindfulness?
Come learn about the helpful benefits and practice some techniques with a Southern Health Social Worker. Register online or call 204-595-5005 for assistance. Space for 8.

MASK UPDATE - PLEASE READ!

Masks are optional for the indoor programs. If you or someone in your family is unwell, please stay home and let us know you won't be attending.
We will have masks and sanitizer available!
If you would prefer staff wear a mask when interacting in close contact with your children/yourself, please let us know.